



# **PATTERNS - STICKS**

## **5 STICKS - SHAPES**

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**dr. Petra Lešnik Musek**



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Title of the workbook: PATTERNS - STICKS: 5 STICKS - SHAPES

Brainscribed program - supporting visual-motor integration and fine-motor skills development.

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Brainscribed resources help children develop and strengthen visual-motor integration and fine-motor skills!

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# Tasks in this workbook

Tasks involve copying patterns from the templates.

The patterns consists of five sticks of different colours: blue, red, yellow and green.

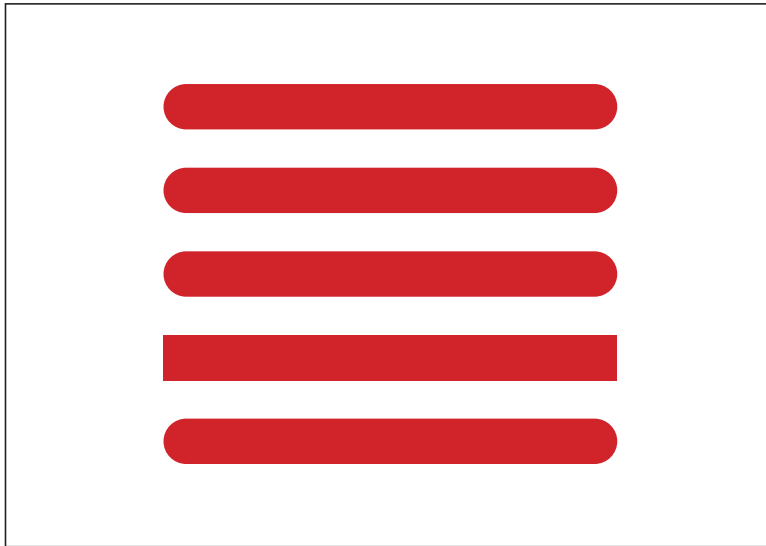
The sticks also differ in shape.

The complexity of the patterns increases from the beginning to the end of the workbook.

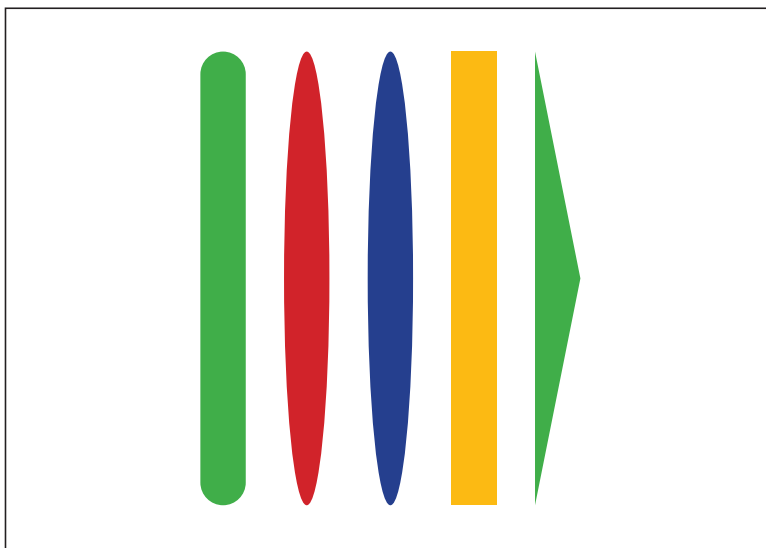
## Instruction:

Take a good look at the pattern and create (or draw) an identical one.

## Examples:



Simple pattern:



Complex pattern:

# About copying patterns

## Why copying activities are important

Pattern copying stimulates children's cognitive development.

Tasks that challenge children to copy patterns stimulate their observational skills and fine motor control of their hands and fingers. When children compare their emerging pattern with the template, it reinforces their attention and their ability to concentrate, compare and identify similarities and differences.

The activities in this volume encourage children to observe the templates carefully, which can help to improve their ability to focus on details. Tasks which involve several different aspects to pay attention to when selecting the appropriate elements for their patterns (colour, shape, spacing, orientation of the elements) require increased attention and concentration from the children. They therefore help children to improve their visual discrimination skills, which are crucial for important future developmental challenges such as learning to read, write and develop other important skills. Copying patterns encourages the development of mental flexibility, adaptability, critical thinking and problem-solving skills, as children need to analyse and evaluate each element of the provided pattern in order to successfully complete the task. As these tasks require children to recall the details of the template and compare these with their pattern, they also help to strengthen visual and short-term memory.

Another important aspect of tasks in which children copy patterns is building patience and perseverance, which are essential life skills both for solving such tasks and for achieving goals in various other challenges that children will face later on.

## Activity aids - sticks

There are several possible ways to do the tasks in this workbook:

- version 1 - children are presented with a pattern and they place matching sticks on it,
- version 2 - children pick the corresponding sticks from the stack and assemble them into a pattern that is identical to the template,
- version 3 - children look at the template and then use coloured pencils to draw a pattern identical to the template.

On pages 6 to 17 you will find printed coloured sticks that you can use for the activities in this workbook. Depending on the level of fine motor skills of the individual child (younger children can handle larger objects more easily, while smaller sticks are more suitable for children who have already developed better fine motor control of their fingers) and the available room, you can print smaller (length 100 mm), medium (length 170 mm) or larger sticks (length 240 mm).

Print and then laminate as many copies of the sheets with coloured sticks as you like, then cut out and save the sticks for the children to use in the activities in this book.

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52A

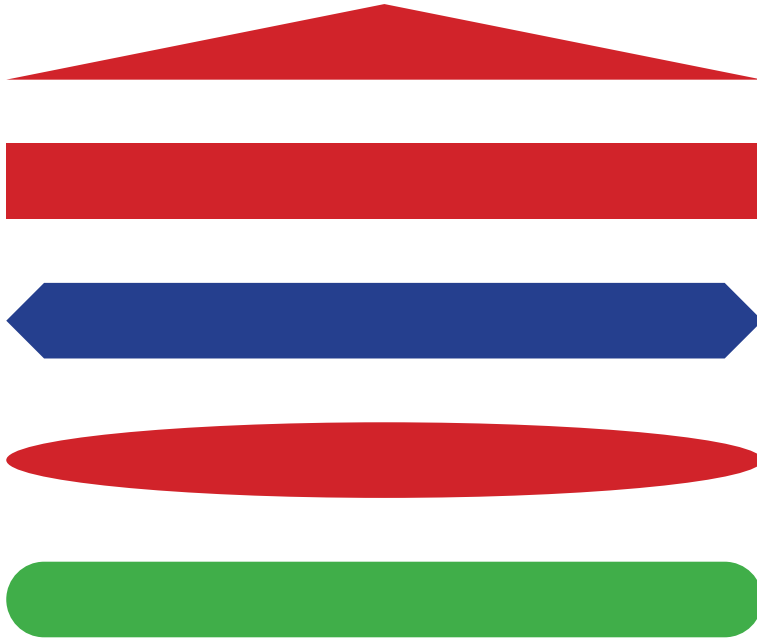
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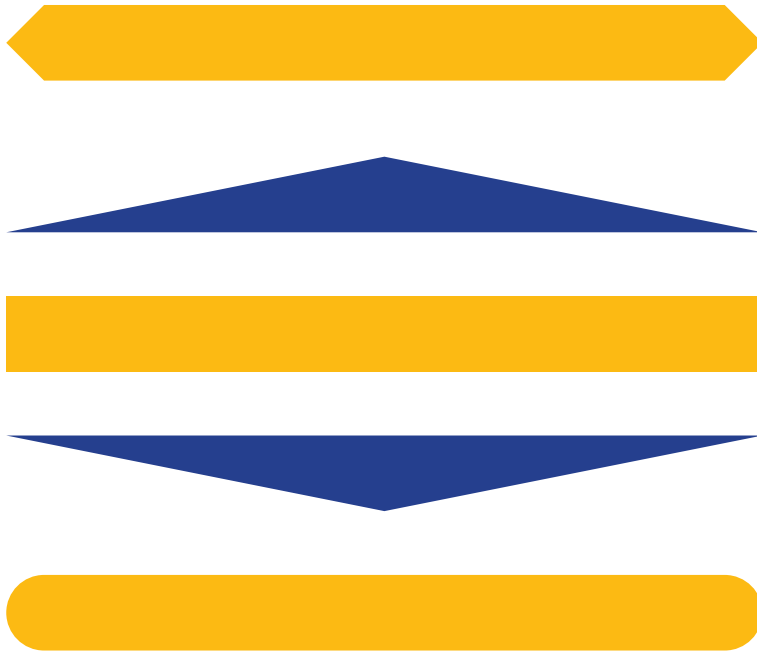
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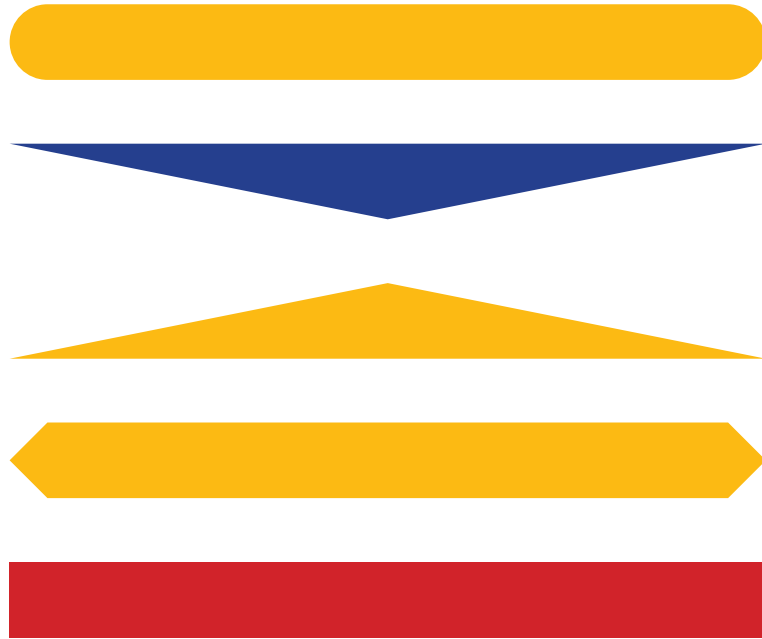
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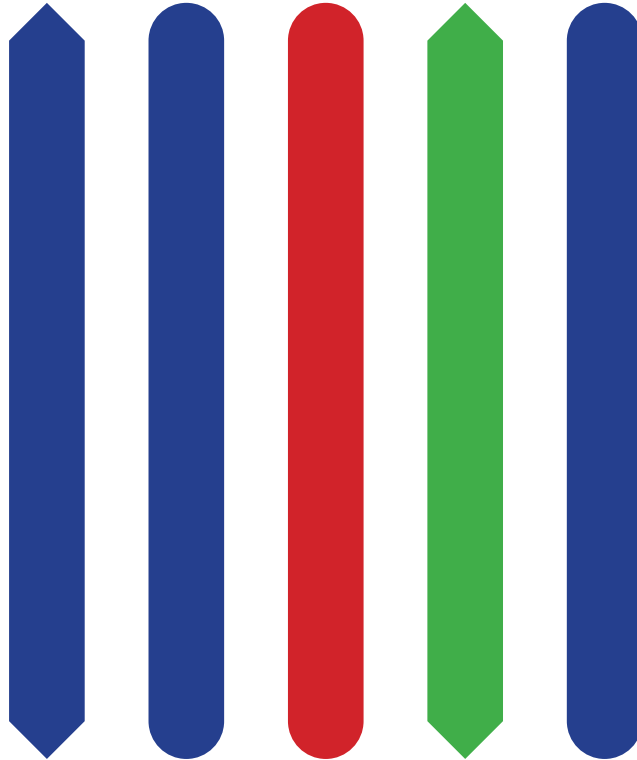
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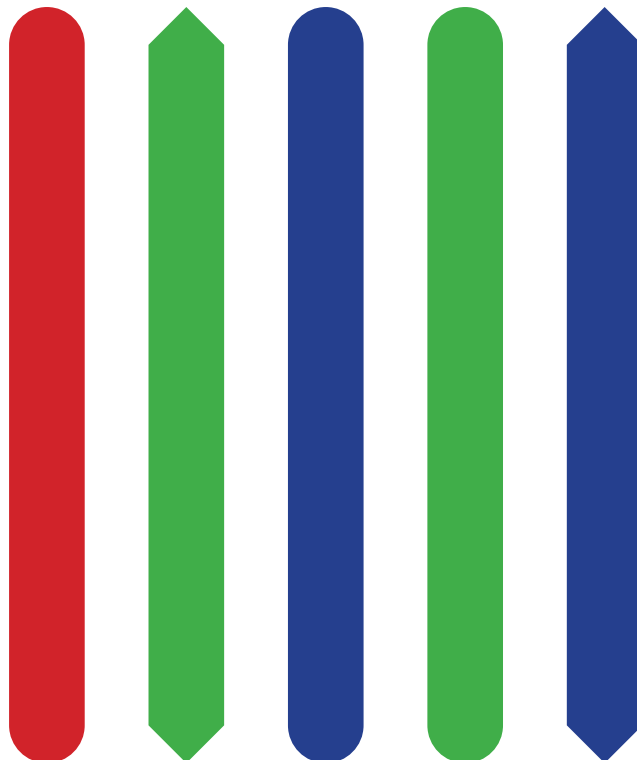
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# About Brainscribed program

**EXTENSIVE**  
collection  
of activities

Brainscribed collection features thousands of worksheets with tens of thousands of challenges and activities of different types, created to stimulate the development of visual-motor integration and graphomotor skills in children. With its extensive corpus of materials, it is one of the most comprehensive collections of its kind, **globally**.

Based on  
**BRAIN &  
EDUCATIONAL  
SCIENCE**

**Science fact:**

Visual-motor exercises create functional connections among visual and motor regions in brains.

**Science fact:**

Fine motor skills, non-verbal intelligence and executive functioning are significantly interrelated.

**Science fact:**

Visual-motor exercises improve graphomotor skills which are important predictors of later academic achievement.

**FUN and  
CHALLENGING**  
activities

Brainscribed resources stimulate visual-motor integration development with countless fun and **developmentally appropriate** activities, designed to be **user friendly** both for adults working with children (easy selection of developmentally appropriate activities according to the child's current stage of visual-motor integration and skills), as well as for children (challenging activities).

Designed for  
**EXPERTS and  
PARENTS**

Brainscribed workbooks provide **teachers** and other **experts** (preschool, school, special education, therapy, etc.) with appropriate and gradually challenging tasks according to developmental needs of their children as well as offer **parents** developmentally appropriate and gradually challenging tasks for their children.

Activities for  
**EVERY** child ...

... and for  
children with  
**DIFFICULTIES**

**Every** child's visual motor integration and skills development can **benefit** from graphomotor / visual-motor tasks and training at home or in a classroom.

Visual-motor deficits and graphomotor difficulties can be debilitating for children. Teachers and other experts working with children with visual motor integration problems or/and with writing problems will find a plentitude of useful and engaging tasks for a **systematic intervention** in Brainscribed workbooks for children with visual-motor difficulties.

Created  
by  
**EXPERTS**

Dr. Kristijan Musek Lešnik (Ph.D.) - Founder nad Chair of the Centre for Positive Psychology, University of Primorska, Slovenia - President of the Council of Experts for General Education of the Republic of Slovenia - past President of the Committee for the Children with Special Needs - past President of the National Testing Comittee, Slovenia.

Dr. Petra Lešnik Musek (Ph.D. in Developmental Psychology) - Specialist of Clinical Psychology at the Department of Child Neurology, Paediatric Clinic of the University Clinical Centre, Ljubljana, Slovenia - combines years of experience in developmental psychology and family therapy in clinical work with children and their families.

# List of Brainscribed volumes - 2025

## Collection: CUTTING AND TEARING

- Volume C-1-1: CUTTING AND TEARING: HORIZONTAL AND VERTICAL LINES
- Volume C-1-2: CUTTING AND TEARING: ZIG-ZAG LINES
- Volume C-1-3: CUTTING AND TEARING: WAVY LINES
- Volume C-1-4: CUTTING AND TEARING: SPIRALS
- Volume C-1-5: CUTTING AND TEARING: FLATTENED SPIRALS

## Collection: PATTERNS / FINGER GRIP

### TWO TO FOUR STICKS

- Volume P-1-1: PATTERNS - STICKS: 2 STICKS - COLOURS
- Volume P-1-2: PATTERNS - STICKS: 2 STICKS - SHAPES

### FIVE STICKS

- Volume P-2-1: PATTERNS - STICKS: 5 STICKS - COLOURS
- Volume P-2-2: PATTERNS - STICKS: 5 STICKS - SHAPES
- Volume P-2-3: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: COLOURS
- Volume P-2-4: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: SHAPES
- Volume P-2-5: PATTERNS - STICKS: 5 STICKS - DIFFERENCES: COLOURS AND SHAPES
- Volume P-2-6: PATTERNS - STICKS: 5 STICKS - SPACING

### SIX STICKS

- Volume P-3-1: PATTERNS - STICKS: 6 STICKS - COLOURS
- Volume P-3-2: PATTERNS - STICKS: 6 STICKS - SHAPES
- Volume P-3-3: PATTERNS - STICKS: 6 STICKS - COMPLETING
- Volume P-3-4: PATTERNS - STICKS: 6 STICKS - SPACING
- Volume P-3-5: PATTERNS - STICKS: 6 STICKS - MIRRORING

### EIGHT STICKS

- Volume P-4-1: PATTERNS - STICKS: 8 STICKS - COLOURS
- Volume P-4-2: PATTERNS - STICKS: 8 STICKS - SHAPES
- Volume P-4-3: PATTERNS - STICKS: 8 STICKS - COMPLETING
- Volume P-4-4: PATTERNS - STICKS: 8 STICKS - ORIENTATION
- Volume P-4-5: PATTERNS - STICKS: 8 STICKS - MIRRORING
- Volume P-4-6: PATTERNS - STICKS: 8 STICKS - OVERLAPPING

## TEN STICKS

- Volume P-5-1: PATTERNS - STICKS: 10 STICKS - COLOURS
- Volume P-5-2: PATTERNS - STICKS: 10 STICKS - SHAPES
- Volume P-5-3A: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: COLOURS 1
- Volume P-5-3B: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: COLOURS 2
- Volume P-5-4A: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: SHAPES 1
- Volume P-5-4B: PATTERNS - STICKS: 10 STICKS - FINDING DIFFERENCES: SHAPES 2
- Volume P-5-5: PATTERNS - STICKS: 10 STICKS - ORIENTATION
- Volume P-5-6: PATTERNS - STICKS: 10 STICKS - MIRRORING
- Volume P-5-7: PATTERNS - STICKS: 10 STICKS - OVERLAPPING
- Volume P-5-8: PATTERNS - STICKS: 10 STICKS - INTERVINNING
- Volume P-5-9: PATTERNS - STICKS: 10 STICKS - COMPLETING

## 3x3 GRID

- Volume P-6-1: DOTS IN A GRID: 3x3 GRID - COLOURS
- Volume P-6-2: SHAPES IN A GRID: 3x3 GRID - SHAPES
- Volume P-6-3: DOTS IN A GRID: 3x3 GRID - DIFFERENCES
- Volume P-6-4: DOTS IN A GRID: 3x3 GRID - COMPLETING
- Volume P-6-5: DOTS IN A GRID: 3x3 GRID - MIRRORING
- Volume P-6-6: SHAPES IN A GRID: 3x3 GRID - MIRRORING

## 4x4 GRID

- Volume P-7-1: DOTS IN A GRID: 4x4 GRID - COLOURS
- Volume P-7-2: SHAPES IN A GRID: 4x4 GRID - SHAPES
- Volume P-7-3: DOTS IN A GRID: 4x4 GRID - DIFFERENCES
- Volume P-7-4: DOTS IN A GRID: 4x4 GRID - COMPLETING
- Volume P-7-5: DOTS IN A GRID: 4x4 GRID - MIRRORING
- Volume P-7-6: SHAPES IN A GRID: 4x4 GRID - MIRRORING

## Collection: GRAPHOMOTOR SKILLS

### BASIC COPYING

- Volume G-1-1: BASIC COPYING: CIRCLES AND SQUARES
- Volume G-1-2: BASIC COPYING: GEOMETRIC SHAPES

### TRACING SHAPES

- Volume G-2-1: TRACING SHAPES: TRACING CIRCLES
- Volume G-2-2: TRACING SHAPES: TRACING SQUARES
- Volume G-2-3: TRACING SHAPES: TRACING TRIANGLES
- Volume G-2-4: TRACING SHAPES: BASIC SHAPES
- Volume G-2-5: TRACING SHAPES: TRACING GEOMETRIC SHAPES- DIRECTION
- Volume G-2-6: TRACING SHAPES: TRACING ANGLED SHAPES
- Volume G-2-7: TRACING SHAPES: TRACING ROUNDED SHAPES
- Volume G-2-8: TRACING SHAPES: TRACING IRREGULAR SHAPES

## SHAPE CONSTANCY

Volume G-3-1: SHAPE CONSTANCY: FINISHING SHAPES -LARGE SHAPES

Volume G-3-2: SHAPE CONSTANCY: FINISHING SHAPES - MEDIUM AND SMALL SHAPES

Volume G-3-3: SHAPE CONSTANCY: TRACING AND FINISHING SHAPES - LARGE SHAPES

Volume G-3-4: SHAPE CONSTANCY: TRACING AND FINISHING SHAPES - MEDIUM AND SMALL SHAPES

## TRACING & CONNECTING

Volume G-4-1: TRACING & CONNECTING: TRACING HORIZONTAL AND VERTICAL LINES

Volume G-4-2: TRACING & CONNECTING: TRACING ZIG-ZAG LINES

Volume G-4-3: TRACING & CONNECTING: TRACING WAVY LINES

Volume G-4-4: TRACING & CONNECTING: TRACING STRAIGHT AND IRREGULAR LINES

Volume G-4-5: TRACING & CONNECTING: TRACING CURVED LINES

Volume G-4-6: TRACING & CONNECTING: CONNECTING - STRAIGHT LINES AND ANGLES

Volume G-4-7: TRACING & CONNECTING: DRAWING LINES DOT TO DOT

## SPATIAL ORGANIZATION

Volume G-5-1: SPATIAL ORGANIZATION: CONNECTING DOTS - LINES

Volume G-5-2: SPATIAL ORGANIZATION: CONNECTING DOTS - PATTERNS

Volume G-5-3: SPATIAL ORGANIZATION: CONNECTING DOTS - SHAPES

Volume G-5-4: SPATIAL ORGANIZATION: DRAWING LOOPS IN 8x8 GRID

Volume G-5-5: SPATIAL ORGANIZATION: DRAWING LOOPS IN 12x12 GRID

## CHANELLING

Volume G-6-1: CHANELLING: STRAIGHT LINES AND ANGLES

Volume G-6-2: CHANELLING: WAVY AND CURVED LINESS

Volume G-6-3: CHANELLING: SIMPLE CURVED LINES: NO DOTS

Volume G-6-4: CHANELLING: COMPLEX CURVED LINES: NO DOTS

Volume G-6-5: CHANELLING: CURVED LINES: WITH HELPING DOTS

Volume G-6-6: CHANELLING: CHANELLING IRREGULAR SHAPES

Volume G-6-71: CHANELLING: PATHS -10 mm WIDTH

Volume G-6-72: CHANELLING: PATHS -6 mm WIDTH

Volume G-6-73: CHANELLING: PATHS -4 mm WIDTH

Volume G-6-74: CHANELLING: PATHS -2 mm WIDTH

## MAZES

Volume G-7-1: MAZES: 5 x 5 AND 6 x 6 MAZES

Volume G-7-2: MAZES: 7 x 7 AND 8 x 8 MAZES -

Volume G-7-3: MAZES: 9x9 AND 10x10 MAZES

Volume G-7-4: MAZES: 12x12 MAZES

Volume G-7-5: MAZES: 9x9 AND 11x11 ESCAPE MAZES

Volume G-7-7: MAZES: 16x16 ESCAPE MAZES

Volume G-7-8: MAZES: PATHS

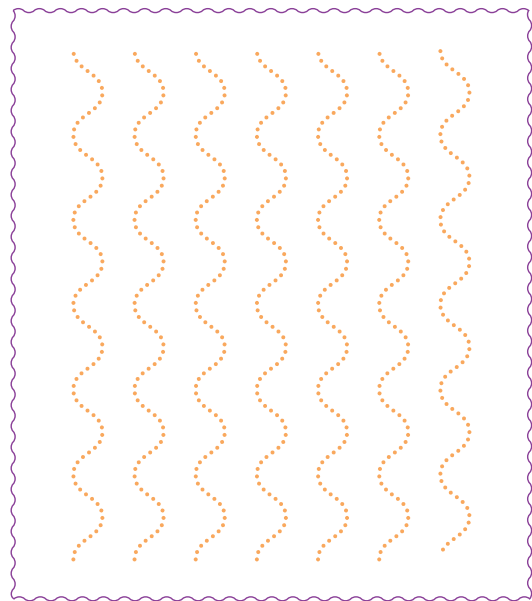
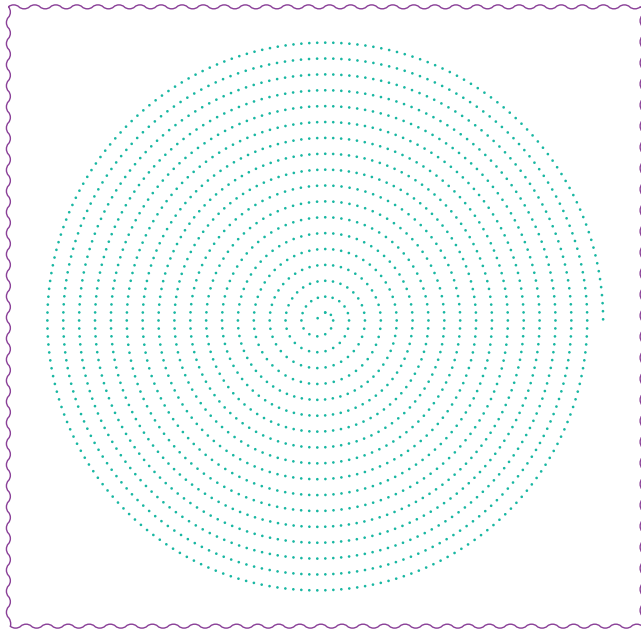
# Different types of Brainscribed tasks

Brainscribed activities are organised into thematic workbooks.

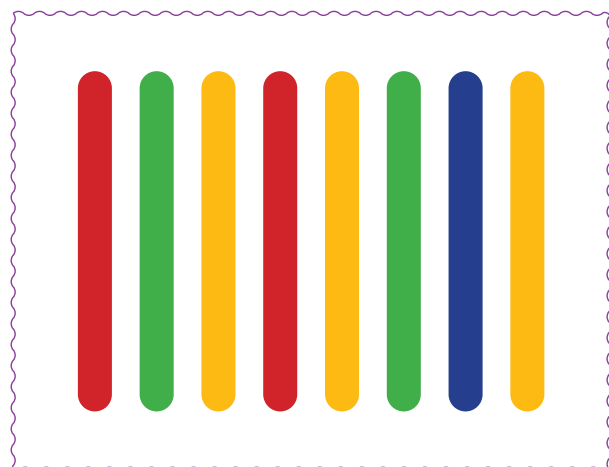
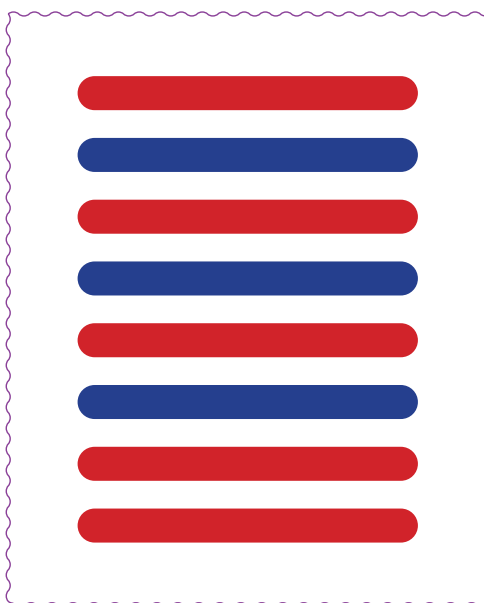
In each volume, the difficulty of the tasks gradually increases.

All Brainscribed activities are designed to stimulate visual-motor integration and the development of graphomotor and other fine-motor skills in a way that is interesting and engaging for children.

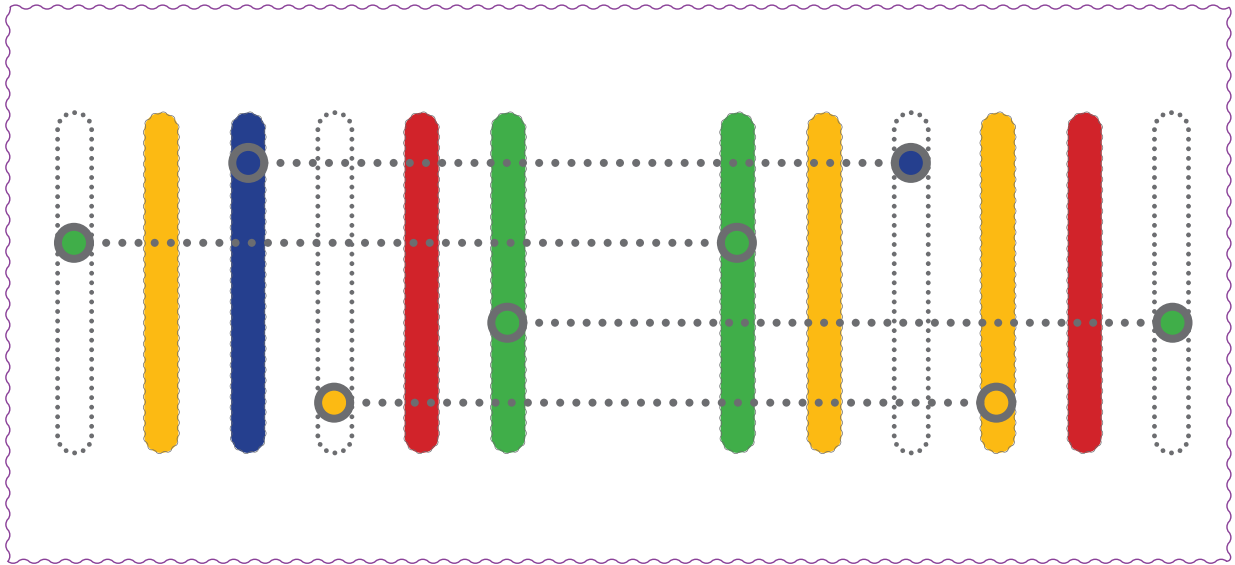
## CUTTING AND TEARING ...



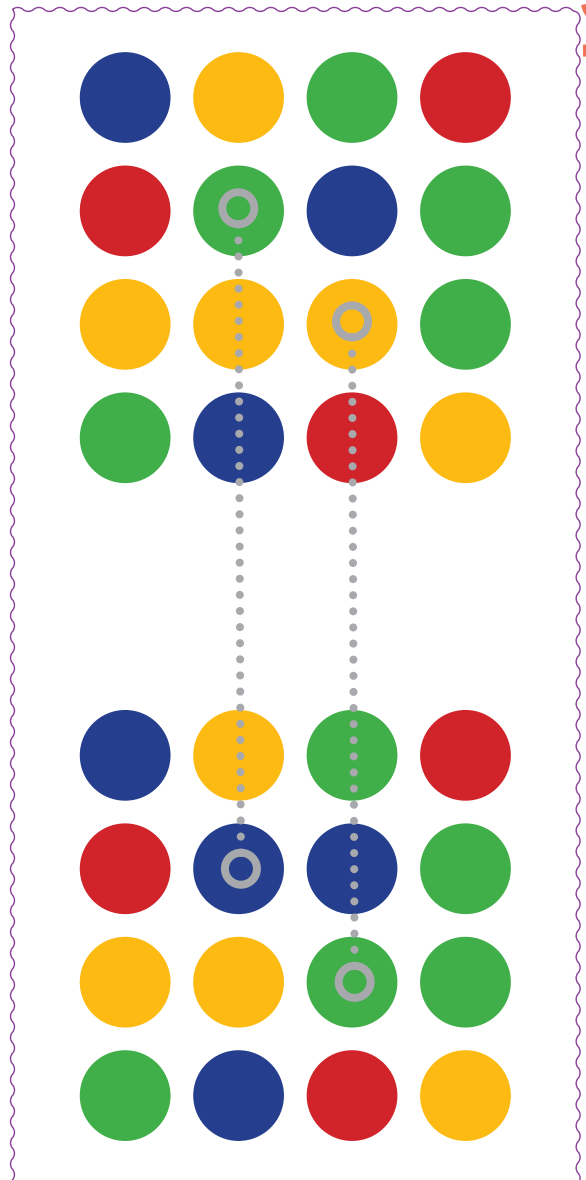
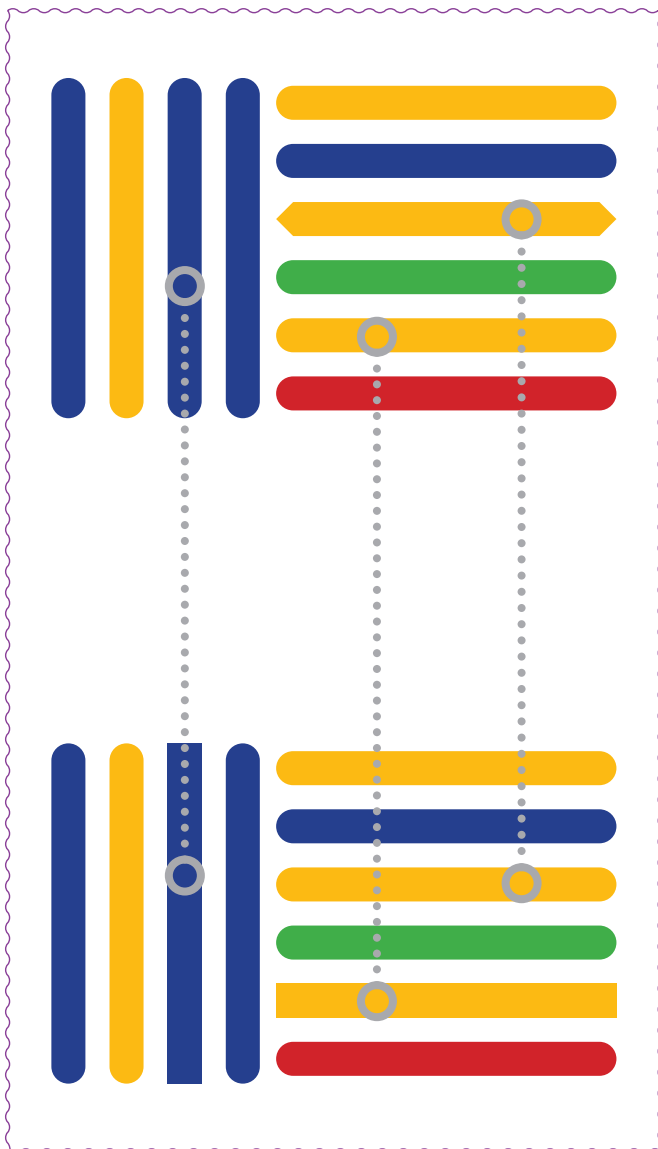
## ... COPYING PATTERNS ...



... COMPARING AND COMPLETING PATTERNS...

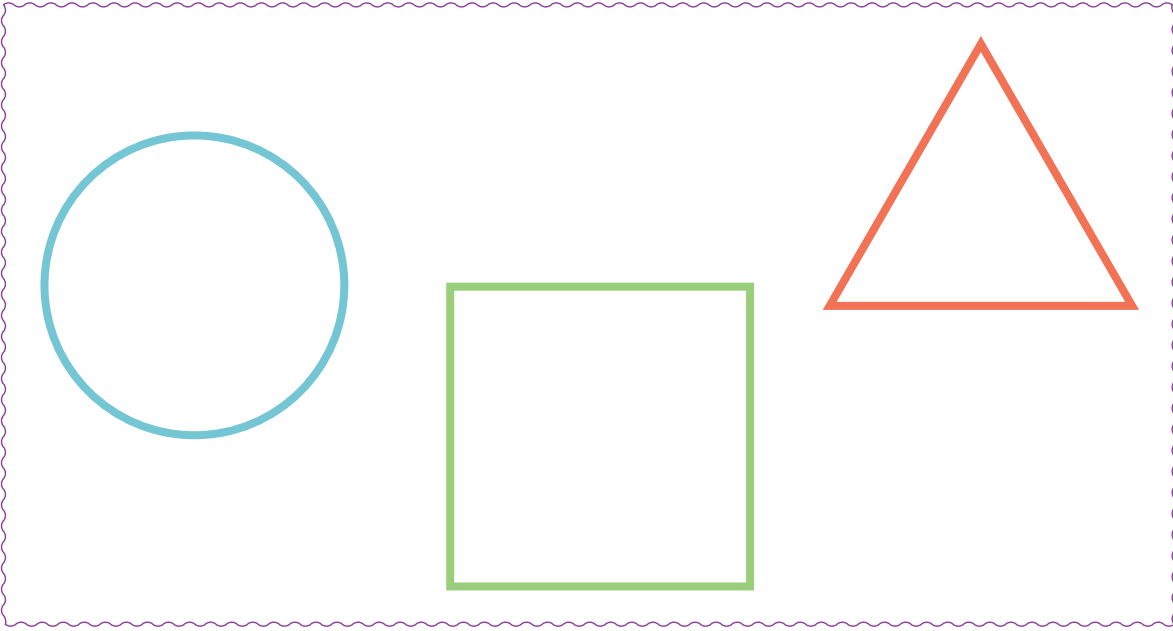


... FINDING THE DIFFERENCES ...

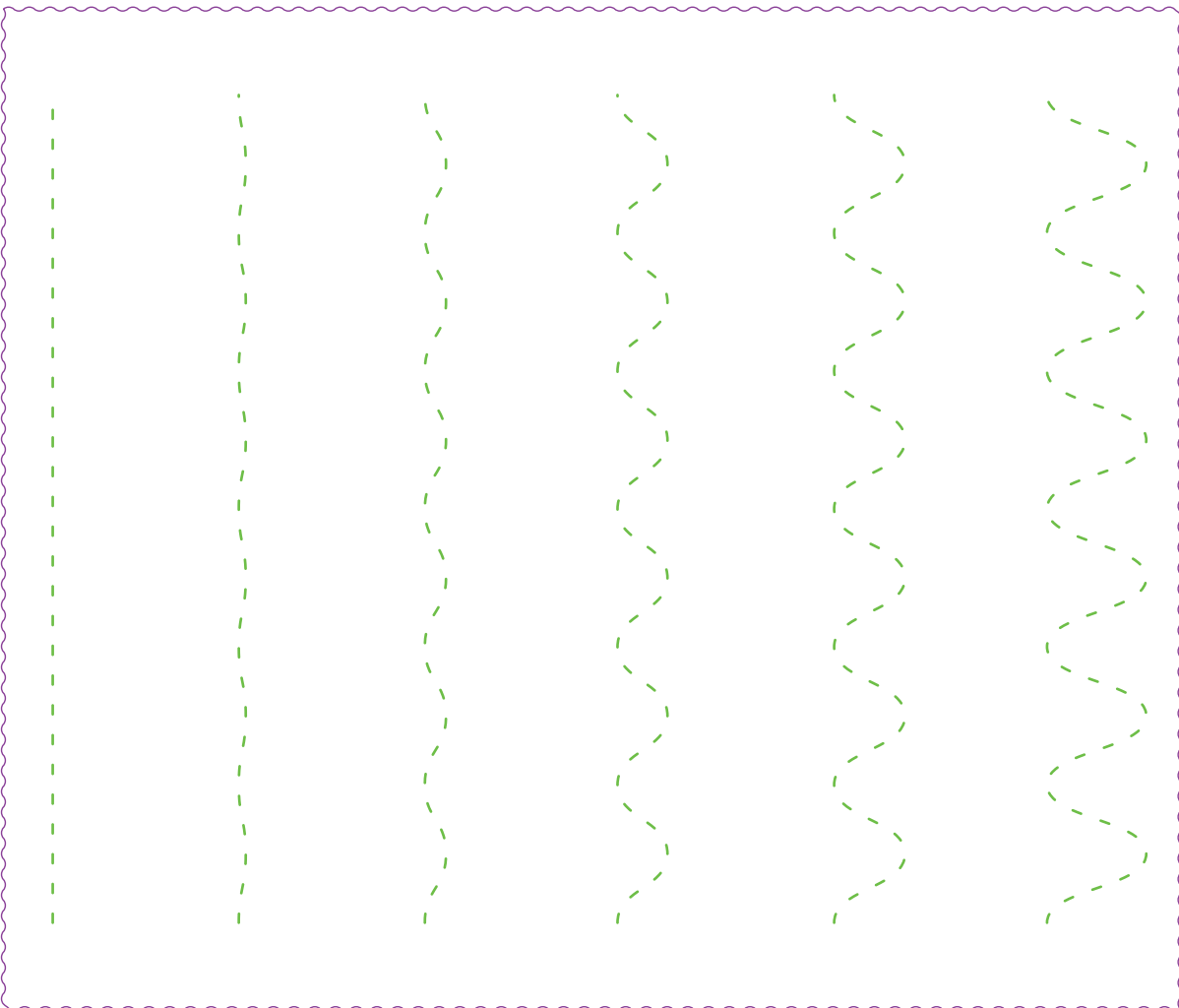


Different types of Brainscribed tasks

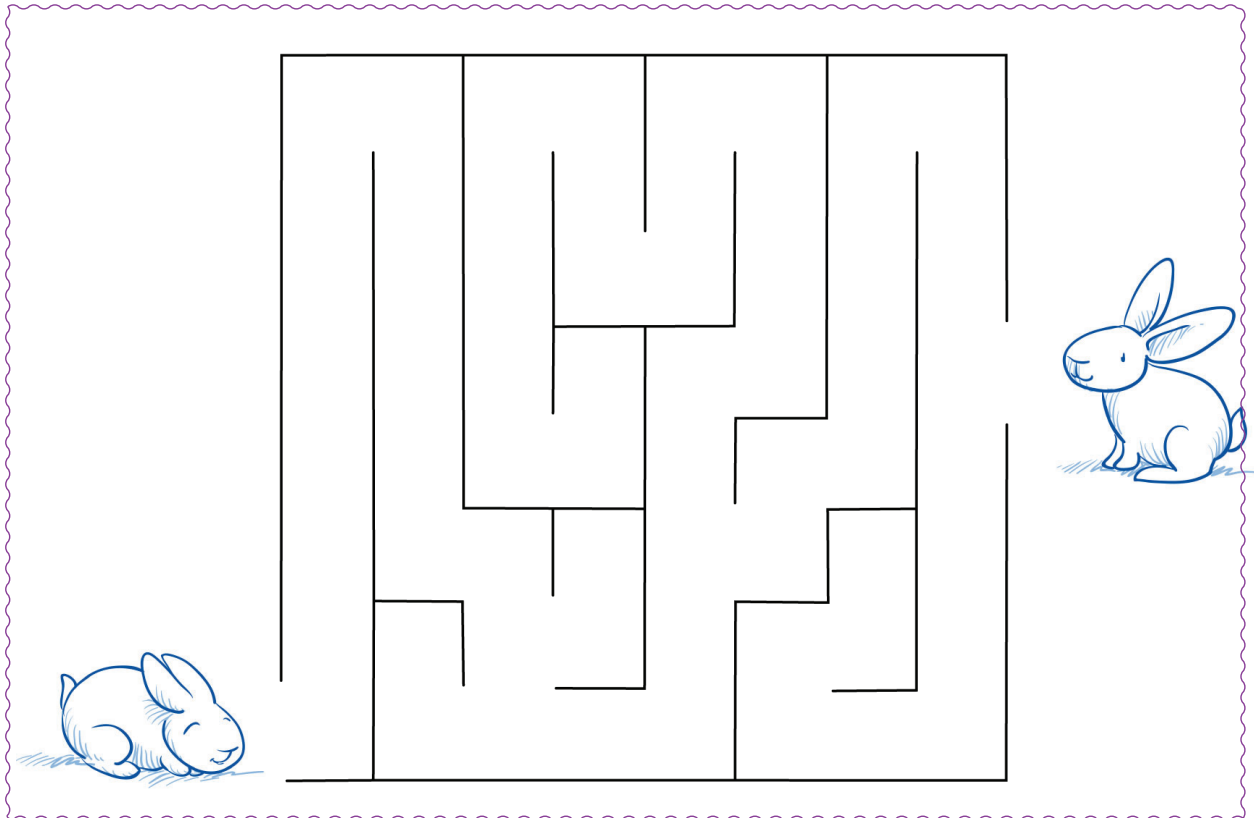
COPYING OF DIFFERENT SHAPES ...



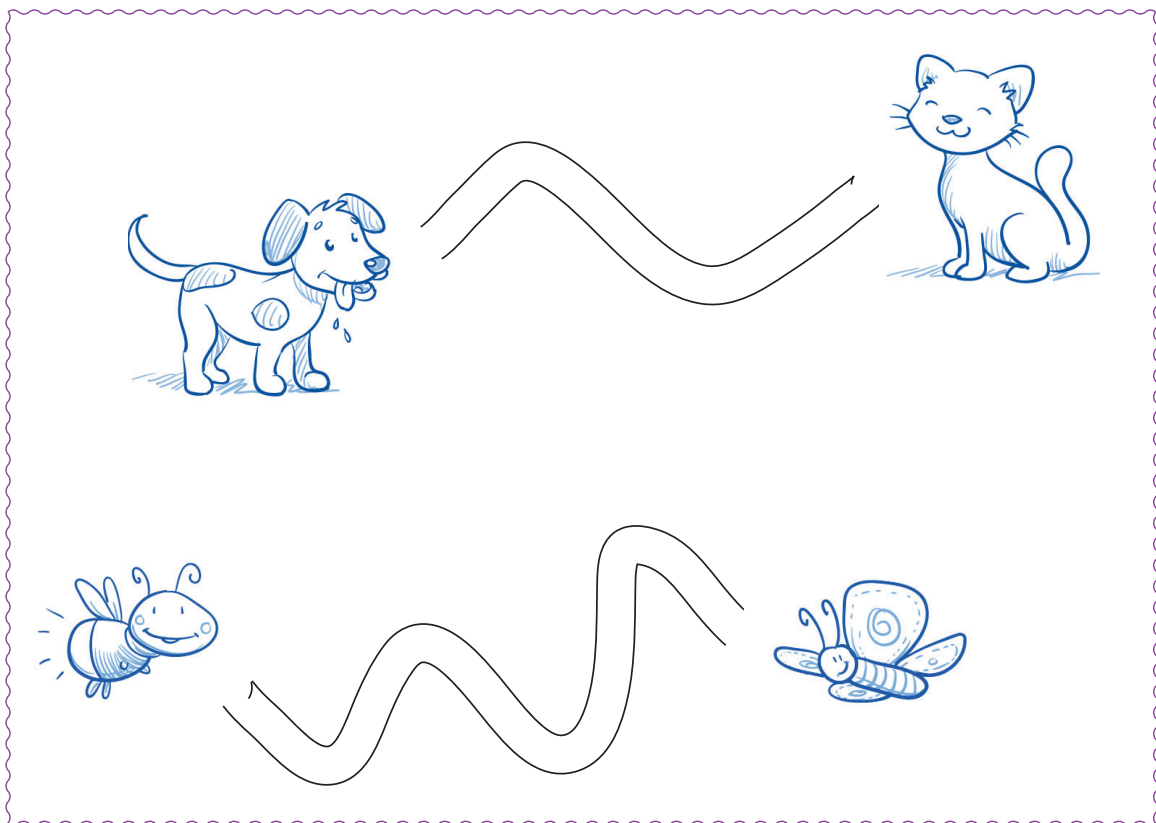
... TRACING LINES ...



... SOLVING MAZES ...



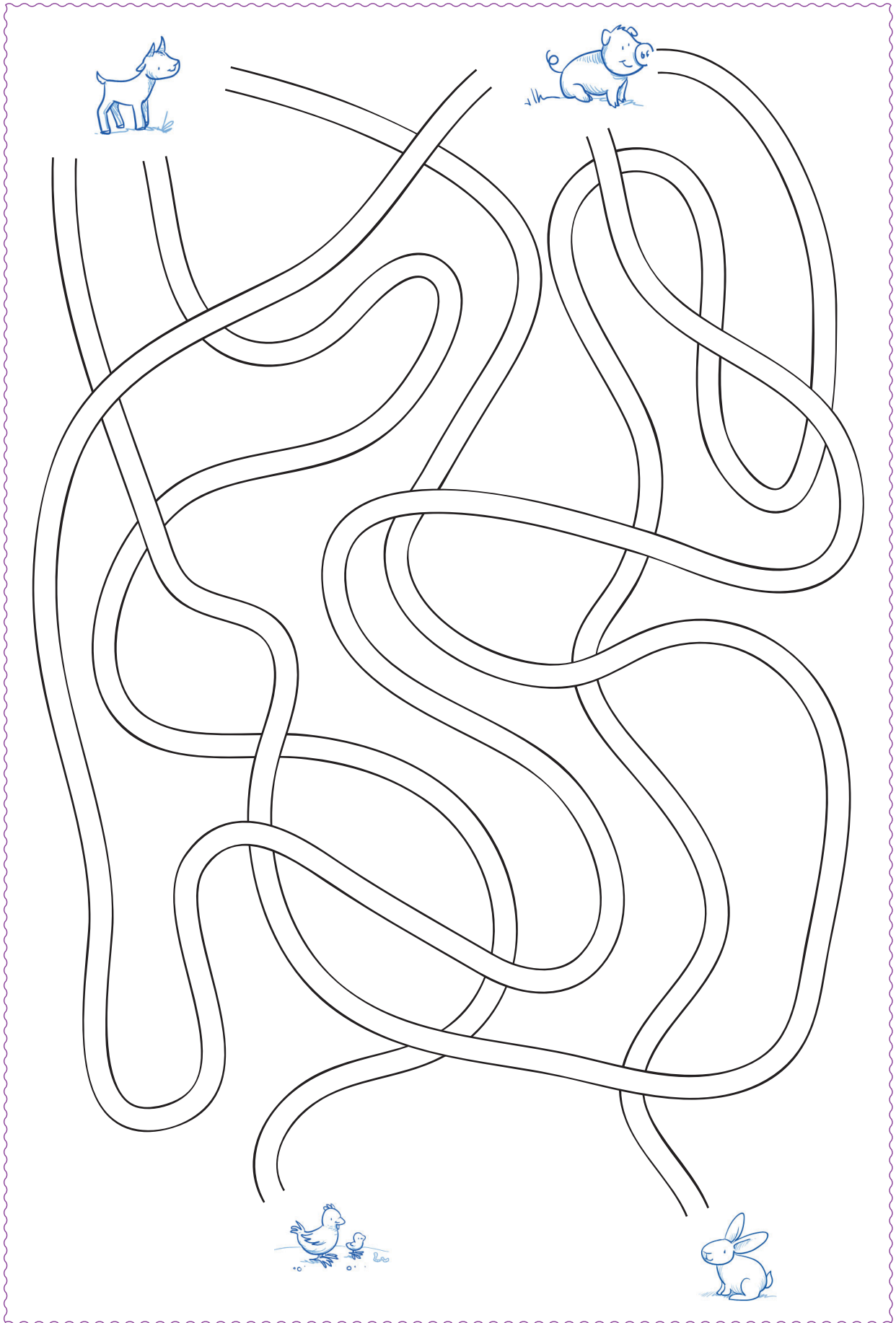
... CHANELLING - DRAWING A PATH BETWEEN TWO GUIDING LINES...



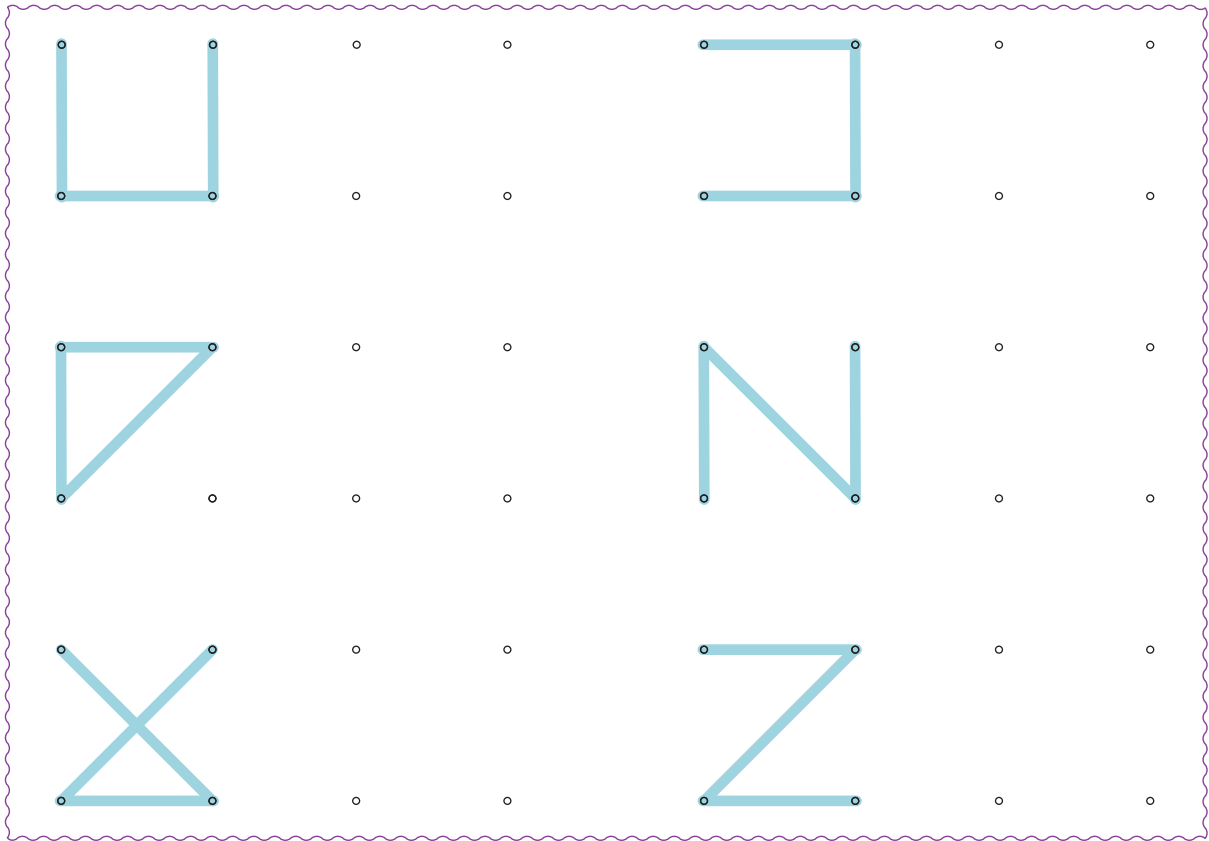
Different types of Brainscribed tasks

... SEARCHING AND TRACING PATHS ...

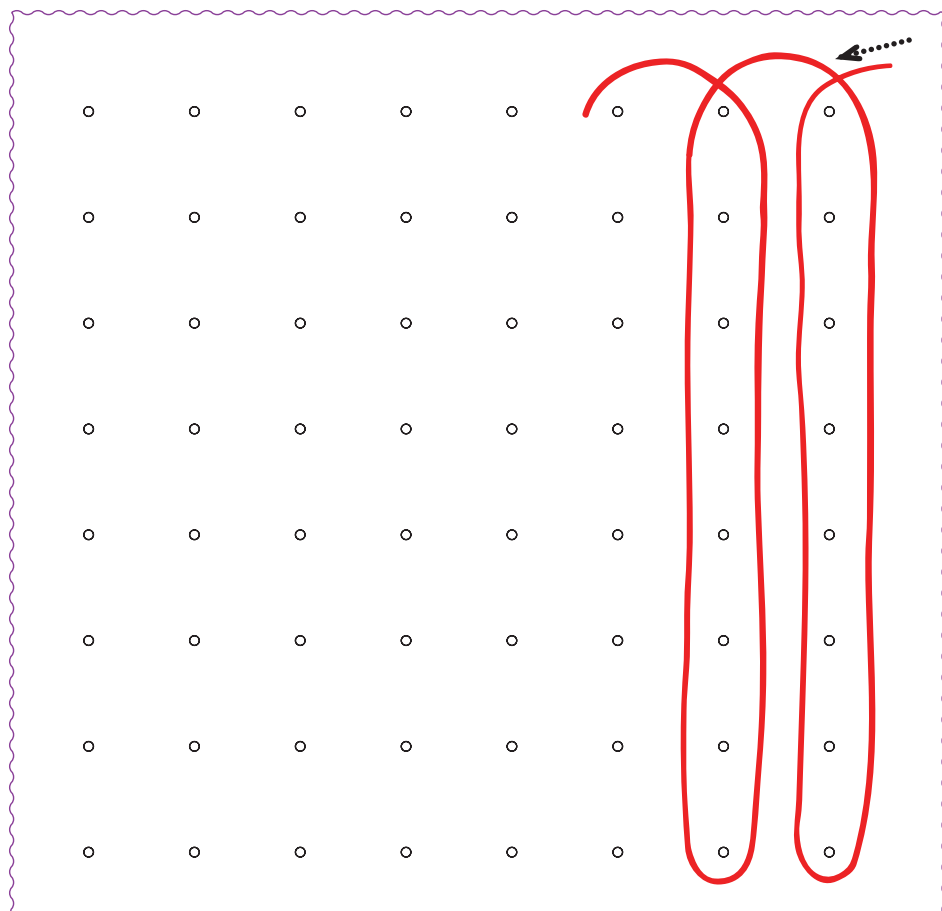
Different types of Brainscribed tasks



... CONNECTING DOTS ...

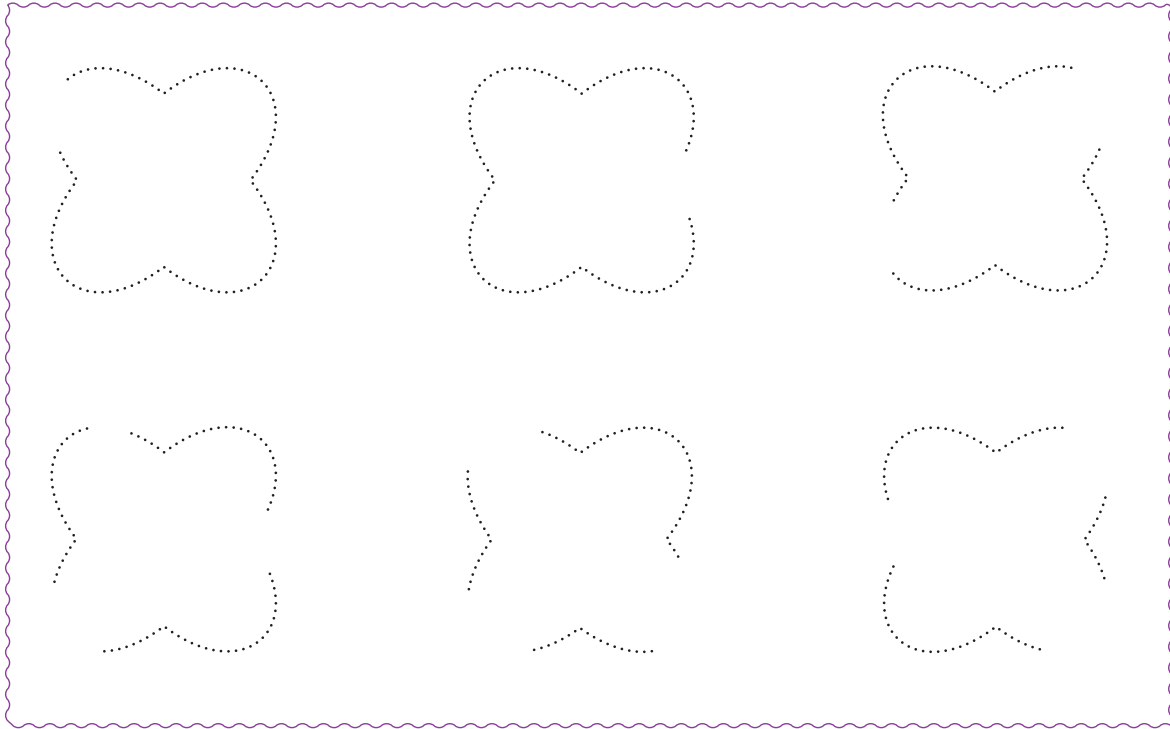


... DRAWING CURVES AND LOOPS IN A GRID...

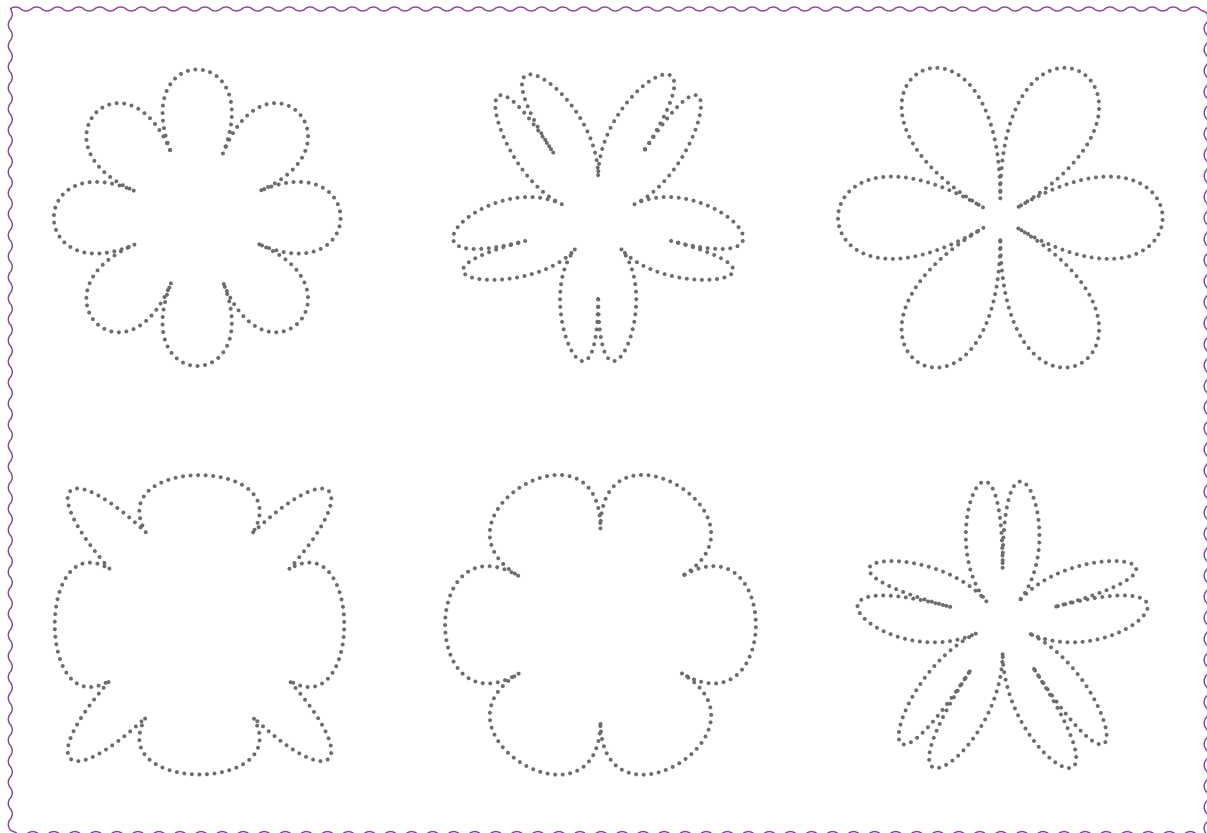


Different types of Brainscribed tasks

... SEARCHING AND COMPLETING SHAPES ...



... TRACING DIFFERENT SHAPES ...



... AND MANY OTHER TYPES OF EXERCISES IN THE VARIOUS  
BRAINSCRIBED WORKBOOKS!